

Physical Activity

Maintaining regular physical activity, especially during leisure time, is a key factor to maintaining good health. Many serious health problems could be avoided if people would take the time to exercise moderately. Because consistent, adequate exercise plays an important role in maintaining optimal health, BRFSS respondents were asked about their habits regarding regular leisure time physical activity.

No Leisure Time Physical Activity

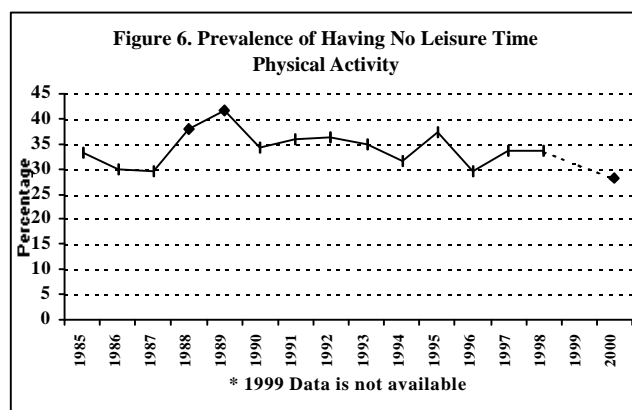
BRFSS data indicates that in 1990, about 40 percent of BRFSS respondents claimed that they did not participate in leisure time physical activity. Just three years prior, and in 1997, only 30 percent of BRFSS respondents claimed that they did not exercise during their free time. However, from 1985 to 1998, the overall trend of people reporting that they did not participate in leisure time physical activity remained at about 35 percent. By 2000, only 28 percent of respondents said that they did not exercise during their leisure time.

Approximately 35.3 percent of blacks reported that they did not exercise regularly during their leisure time, compared to 25.2 percent of whites. BRFSS data indicates that 38.3 percent of black females reported that they did not exercise during their free time. Conversely, only about 23.5 percent of white males claimed that they did not engage in physical activity during leisure time. Roughly 31 percent of black males and 27 percent of white females indicated that they were sedentary during leisure time.

Regular Physical Activity

About 45 percent of whites reported that they exercised regularly, compared to 32 percent of blacks. Black females reported the most sedentary lifestyle, with only 31 percent claiming that they engaged in regular physical activity. Approximately 33 percent of black males claimed to be physically active on a regular basis. At the other end of the spectrum, 45.2 percent of white males and almost 45 percent of white females reported that they regularly exercised.

Once again, BRFSS data indicates that educational status is correlated with healthiness of lifestyle. Only 19.3 percent of respondents with less than a high school education claimed that they exercised on a regular basis compared to about 55 percent of those with at least a college degree. Likewise, about 55 percent of BRFSS respondents with less than a high school education reported that they did not exercise during leisure time compared to about 16 percent of respondents with at least a college education.



Healthy People 2010 Objective

Reduce the percentage of adults who engaged in no leisure time physical activity in the past month to 20% (SC, 2000=28.1%)

Table 6. Prevalence of Regular Physical Activity and No Leisure Time Physical Activity, 2000

	Regular physical activity			No leisure time physical activity		
	%	95% CI		%	95% CI	
Overall	41.7	39.7	43.6	28.1	26.3	29.9
Sex						
Male	42.8	39.7	45.9	25.6	22.9	28.3
Female	40.7	38.3	43.2	30.4	28.1	32.7
Race						
White	45.0	42.8	47.3	25.2	23.3	27.2
Black	32.0	28.0	36.0	35.3	31.1	39.4
Race and Sex						
White Male	45.2	41.7	48.6	23.5	20.4	26.5
White Female	44.9	42.1	47.8	26.9	24.4	29.4
Black Male	33.3	26.4	40.2	31.3	24.6	38.0
Black Female	31.1	26.4	35.7	38.3	33.1	43.4
Age Group						
18-24	44.6	38.4	50.8	21.8	16.6	27.1
25-34	46.3	41.6	51.1	25.1	20.9	29.4
35-44	42.9	38.7	47.0	23.8	20.3	27.3
45-54	39.4	35.1	43.6	29.8	25.8	33.8
55-64	39.7	34.6	44.7	29.3	24.5	34.1
65 +	36.4	31.9	41.0	38.9	34.2	43.7
Education						
<High School	19.3	15.2	23.4	52.2	46.7	57.7
HS Graduate	36.1	32.8	39.4	32.5	29.3	35.7
College	48.1	44.0	52.2	21.3	18.3	24.4
College or higher	55.1	51.5	58.6	15.8	13.2	18.4
House Hold Income						
<\$25,000	32.3	28.7	35.9	41.3	37.4	45.1
<\$50,000	44.3	40.9	47.8	24.5	21.7	27.4
<\$75,000	46.1	40.8	51.4	17.1	13.2	21.0
>\$75,000	58.5	53.1	64.0	12.6	9.0	16.1
Employment						
Employed	44.1	41.7	46.6	23.6	21.5	25.7
Unemployed	30.0	20.3	39.7	39.3	28.6	50.1
Others	42.6	38.9	46.3	32.4	28.8	36.0
Unable to work	16.7	10.4	23.0	53.5	44.8	62.3